

Masters Hurdles Specifications

Age Group	Distance (m)	Hurdle Height (m)	No of Hurdles	To First Hurdle (m)	Between Hurdles (m)	To Finish (m)
Women: Short						
30-39	100	0.84	10	13	8.5	10.5
40-49	80	0.762	8	12	8	12
50-59	80	0.762	8	12	7	19
60+	80	0.686	8	12	7	19
Women: Long						
30-49	400	0.762	10	45	35	40
50-59	300	0.762	7	50	35	40
60-69	300	0.686	7	50	35	40
70+	200	0.686	5	20	35	40
Men: Short						
30-49	110	0.991	10	13.72	9.14	14.02
50-59	100	0.914	10	13	8.5	10.5
60-69	100	0.84	10	12	8	16
70-79	80	0.762	8	12	7	19
80+	80	0.686	8	12	7	19
Men: Long						
30-49	400	0.914	10	45	35	40
50-59	400	0.84	10	45	35	40
60-69	300	0.762	7	50	35	40
70-79	300	0.686	7	50	35	40
80+	200	0.686	5	20	35	40

Masters Steeplechase Specifications

Women			Men		
Age	Distance	Height	Age	Distance	Height
30+	2,000m	0.762m	30-59	3,000m	0.914m
			60+	2,000m	0.762m

Masters Multi Events Specifications

Pentathlon	Decathlon	Heptathlon	Throws Pentathlon
Women:	Day 1:	Day 1:	All Women & Men
100m, Shot Put, Long Jump, Javelin, 800m	100m, Long Jump, Shot, High Jump, 400m	Hurdles, High Jump, Shot Put, 200m	Hammer, Shot Put, Discus, Javelin, Weight
Men:	Day 2:	Day 2:	
Long Jump, Javelin, 200m, Discus, 1500m	Hurdles, Discus, Pole Vault, Javelin, 1500m	Long Jump, Javelin, 800m	

Masters Throwing Implements Specifications

	Hammer (kg)	Shot (kg)	Discus (kg)	Javelin (gm)	Weight (kg)
Women					
30-49	4	4	1	600	9.080 (20lb)
50-59	3	3	1	500	7.260 (16lb)
60-74	3	3	1	400 *	5.450 (12lb)
75+	2	2	0.75	400	4.000 (8.8lb)
Men					
30-49	7.26	7.26	2	800	15.880 (35lb)
50-59	6	6	1.5	700	11.340 (25lb)
60-69	5	5	1	600	9.080 (20lb)
70-79	4	4	1	500	7.260 (16lb)
80+	3	3	1	400	5.450 (12lb)

*500gm AUS trial until after 2013 AMA T/F Championships